

CHAMPION HOPE COACHING FRAMEWORK

A clear framework and path to articulate goals, dreams, and desires that helps you leap forward.

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THE GOAL:							
DESIRE	WORK ON	BARRIERS	PRIMARY TASK	PERSON	DATE / TIME	VICTORY	ADJUST

DESIRE:

What is the motivation? How does this align with your soul? What values, beliefs, or motivations are in place to make a decision?

WORK ON:

What is the primary focus that moves your forward? What do you control in this outcome?

BARRIERS:

What are the fears, limitations, or agreements that you have made that are in the way? What do you do with that emotion?

PRIMARY TASK:

What is the one key indicator that is essential to this area of growth? How will you know you are making progress?

PERSON:

Who can you ask to help you? How will they know how to help?

DATE | TIME:

What is the date and time that you will complete this goal?

VICTORY:

What does a win look like? How will you know you can celebrate?

ADJUST:

What would you adjust next time? What can you adjust now to reach the desire?